



# May

## Editorial

### *Virtù and Necessity*

The tradition of the “Virtù Teramane”, still celebrated in early May each year in Abruzzo, central Italy, is one of those popular rituals from the past that pushes us to think about our present and our future. The peasant society around Teramo that created this virtù, a kind of stew, no longer exists, but it still offers many lessons for these wasteful and careless times we live in. If back then they had to “make a virtue of necessity,” today it is virtue that has become a necessity.

This dish was skillfully prepared by local women who created a complex soup from the bits and pieces left in the store cupboard from the winter months, like dried beans, different pasta shapes and scraps of pork, which were not always easy to incorporate into regular dishes. The first spring vegetables from the garden were then added, along with fresh legumes, fresh pasta and other meat such as pieces of ham and fried meatballs. There is no single recipe for virtù. The skill lies in turning an endless list of ingredients into something more than just a simple soup, something balanced and delicious.

Virtù is illuminating because it teaches us the value of saving, of reuse and recycling. It is a hymn against waste, but also a symbol of sharing and belonging to a community. In fact, families would traditionally offer their virtù to their neighbors and relatives. Forgetting someone often led to quarrels and even the deterioration of relationships.

When someone tells me that good food is expensive, I like to tell them about Virtù Teramane, because first and foremost it is a dish of rare quality. And if once it was truly a zero-cost dish, even now its ingredients are not going to break the bank. But rather than trying to replicate it perfectly, let’s grasp the meaning behind this tradition. We need to go back to cooking that incorporates leftovers, to being thrifty with the food that we have and being prepared to pay a fair price to farmers. Virtù teaches us that food is precious and that we can create wonderful meals from what’s left over. It also takes us back to the social significance of food, to a reciprocity that in times of global crisis becomes a revolutionary economic force. In

our own small way, let's seek to recreate virtù at home, and let's start now. Let's begin the fight against food waste. Do it for yourself, for the planet and for those in great need. Let's renew tradition and show just how modern it can be.

I would like those great creative chefs out there to think for a moment about cooking with leftovers and come up with some new recipes for us for reusing the ingredients we have at home. But most of all I would like the Terra Madre communities to tell us about their traditional recipes using leftovers so we can share them with the whole network. This is how to move from making a virtue out of necessity to understanding that virtue (and virtù) is a necessity.

**Carlo Petrini**

*President of Slow Food International*

# Project of the Month

## Consommons ivoirien

*A food education project in Côte d'Ivoire*

The conflict that exploded in Côte d'Ivoire in September 2002 had an enormous impact on the region of Korhogo, in the north of the country, seriously threatening agricultural production. This meant a steep fall in incomes for women, the main agricultural work force, and many children had to leave school.

Since its establishment in 2006, the Slow Food Chigata convivium has been working to set up an women's farming cooperative in the village of N'Ganon, so that it can supply quality local produce to the village school. The lack of funds meant that children's meals were prepared with poor ingredients, and many children preferred to go home rather than eat at school. So on the one hand, the school food was going to waste, while on the other the village women had to return home to take care of their children, reducing the time they could spend working in the fields and therefore their income.

Today the producers' cooperative in N'Ganon tends a seven-hectare organic vegetable garden. Some of the harvest goes to the families of the cooperative members, some is given to the school for students' meals and the rest is sold at the local market, generating further income for the cooperative.

The goal for 2010 is to widen the project, involving the village of Nangoukaha (population 2,500) and its primary school. Here too, a vegetable garden will be created and entrusted to a cooperative of women who will supply ingredients for the primary school's meals. The remaining produce will be used by the women and their families or sold at the market.

**To support the project:**

<http://www.slowfood.com/donate/pagine/eng/progetti.lasso?-idp=017>

# Slow Food Key Words...

## Neo-Gastronomy

Neo or 'new' gastronomy is a concept of gastronomy as a multidisciplinary approach to food that recognizes the strong connections between plate, planet, people and culture. The term was coined to correspond with the evolution of the Slow Food movement, which began with an initial aim to defend good food, gastronomic pleasure and a slower pace of life (eno-gastronomy), and then logically broadened its sights to embrace issues such as the quality of life and the health of the planet that we live on (eco-gastronomy). Neo-gastronomy adds a further holistic element to this: a neo-gastronome has a responsible, comprehensive approach to food, combining an interest in food and wine culture with a desire to defend the environment and food biodiversity, and considers eating as not only a biological necessity, but also a convivial pleasure to be shared with others. A neo-gastronome is aware that their food choices have a direct effect on the market, and therefore food production, and that everyday-choices can be made for the benefit of our palate, the environment and society.

# Campaigns

## Slow Fish

Getting on board around the world

Peixe em Lisboa in Portugal

**Portugal** – Lisbon's annual food festival dedicated to fish, Peixe em Lisboa, was the ideal chance to launch the international Slow Fish campaign in Portugal last month. The four Portuguese convivia joined forces to create a Slow Food stand focused on sustainable consumption of fish, aiming to make the festival visitors aware of the importance of responsible choices, and inspiring them to start choosing fresh, local fish caught using environmentally friendly methods. Held for the third time in 2010, the festival is organized by the Lisbon tourism association and the city council.

Two Pirogues for Senegal

**Senegal** – Two brightly colored pirogues, small flat bottomed boats, decorated with the Slow Food snail have been donated by the Piedmont Regional Authority and the Slow Food Foundation for Biodiversity to communities of women from three islands in the Saloum delta, Dionewar, Falia and Niodior. However, these boats are not for the purpose of fishing. To help lower the pressure on fish stocks in the area, where

fish are becoming smaller and catch volumes are declining every year, Slow Food is working with local women to increase the production of syrups and jams made from local fruits, herbs and spices like karkadè (hibiscus), baobab, ginger, tamarind and ditakh (sweet detar).

The initial problem to be resolved in order to get this project off the ground was a matter of transport. The women depended on the goodwill of fishermen to let them use their pirogues when they needed to move between the three islands and this was leading to problems in gathering and transporting the fruit and high costs.

The two boats not only give the women autonomy, but open up a much larger area in which they can range to gather fruit and transport their products, and represent a symbolic step in the communities cooperating and working together.

### Russia's Last Guardians of Wild Salmon

**Russia** – In the far east of Russia, the 29 active volcanoes in the region of Kamchatka have earned it a reputation as a spectacular land of fire and ice. Here, the Terra Madre Tarja food community of native Itelmens has long practiced the sustainable fishing of wild salmon, a tradition they still continue today with special permits that allow them to fish only a certain quantity of salmon using particular techniques.

However, this year has been crucial for fishing communities across the region, with the local authorities announcing a plan for redistributing the fishing lands between the indigenous groups for the next 20 years. More than half of the local communities did not receive any fishing rights, and have been left without an autonomous way to support themselves financially.

Thanks to their traditional fishing practices and their continuity of fishing Lake Bolshoje Sarannoj, the Tarja fishing community did obtain permission to continue their trade, which is not only a way of life but also an inseparable part of their culture, based almost entirely on hunting and fishing.

Being able to continue fishing means being able to continue many other activities that help protect the Itelmen tradition. To ensure younger generations are involved in this process, the Kamchatka Convivium, in collaboration with the Pacific Centre for the Protection of the Environment and Natural Resources, is organizing the "Guardians of Wild Salmon" summer camp, which will involve the youth of the community and visitors from the rest of the peninsula.

#### **For more information:**

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#### **For the full article on the Slow Fish site:**

[http://www.slowfood.com/slowfish/pagine/eng/pagina.lasso?-id\\_pg=198](http://www.slowfood.com/slowfish/pagine/eng/pagina.lasso?-id_pg=198)

Slow Fish Challenge

Remember that you can now participate in the Slow Fish Challenge: Choose a local species of sustainable fish, find or create a recipe and send us the information to help create a collective recipe book of good, clean and fair fish and seafood from around the world.

**For more information on the Slow Fish Challenge.**

[http://www.slowfood.com/slowfish/pagine/eng/pagina.lasso?-id\\_pg=151](http://www.slowfood.com/slowfish/pagine/eng/pagina.lasso?-id_pg=151)

**For more information on the Slow Fish campaign:** [www.slowfood.com/slowfish](http://www.slowfood.com/slowfish)

## From land to table...

### Full Heart, Full Belly

Slow Food Quetzaltenango celebrates flavor and responsibility in Guatemala

**Guatemala** – Local foods, culture, land, work and good government policy: These were the ingredients for the second edition of the *Barriga Llena, Corazón Consciente* (Full Heart, Full Belly) event, held at the beginning of the month in Quetzaltenango and organized by the local convivium and Movimiento Emergente. The convivium brought these various themes together in Taste Workshops led by local chefs, seminars, a produce market, cultural activities and areas dedicated to eating and socializing.

“Within the ancient Guatemalan cultures, the act of eating and gastronomy are constantly growing in importance,” explained one of the organizers. “For this reason, today, the new revolution must be based on the creation of conscientious communities that produce high quality foods while respecting Mother Nature and workers.”

During the fair the Quetzaltenango convivium presented the results of their year-long educational project, *Cultivando Vida*, which the convivium implemented in local schools with the support of Slow Food International.

**For more information:**

<http://www.feriadelalimento.blogspot.com/>

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### Young Wines, Ancient Traditions

Presidia wine producers at a wine festival in Georgia

**Georgia** – Wine producers, vineyard owners, journalists, local politicians, wine experts and enthusiasts had the opportunity to try a new vintage of a very old

tradition last month, offered by producers from the Georgian Wine in Jugs Presidium. This new Presidium brings together producers in the Kakheti and Imereti regions, who are continuing an ancient winemaking technique using two-handled ceramic jars similar to those used by the ancient Greeks. Representatives of the Presidium offered a tasting of their particular wine, offering a unique insight into a traditional Georgian production at risk of being lost.

The Presidium producers were participating in the New Wine Festival, which included a tasting of the 2009 vintage from across the country, accompanied by food, music and traditional singing. According to Malkhaz Kharbedia, president of the wine club that organized the event, "the aim of the festival is to bring together people who love Georgian wine and want to improve and promote it."

**For more information:**

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## From Bean to Bean

### Cacao brings Ecuador and Mexico together

**Ecuador** – Three representatives from the Chontalpa Cacao Presidium in Mexico recently visited the production sites for the Ecuadorian Cacao Nacional Presidium. For a week the Mexican producers had the opportunity to visit the cacao plantations, see the fermentation and drying structures and tour the artisanal chocolate factory. They also met with the cooperative's leaders and looked closely at how they organize deliveries and investments.

The Ecuadorian Presidium is an interesting case because it is one of the few projects in which an indigenous community cultivates cacao and produces chocolate, managing the whole production chain without middlemen. It has also been very successful, and the Kallari cooperative's chocolate has become famous worldwide and is exported to many countries.

The visit to Ecuador was an excellent opportunity for the Mexican Presidium representatives to study their Ecuadorian counterparts in detail so that they can further develop their own project in the Tabasco region.

"We are very pleased to have had the opportunity see the Kallari experience first hand. It is an admirable example of productive work that is well organized and sustainable," said Alma Rosa Medina Garcés, the director of ACTO (Asesoría Técnica en Cultivos Orgánicos), the local association that has been supporting the producers since 2000. "This visit will really help the work we're doing with the Chontalpa Cacao Presidium in Mexico."

**For more information:**

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# Voices of Terra Madre

## 30 Years of Resistance

***France** – The annual festival of French Presidia was held in April. Part of a weekend dedicated to biodiversity, the Presidia Day was an occasion for producers and people working to promote good, clean and fair food to meet, share experiences and exchange new ideas. **Marie-Lise Broueilh**, a producer from the Mouton Barèges-Gavarnie Presidium, shares her experience...*

“It has been a 30-year struggle to maintain the breeding of Barèges-Gavarnie sheep in our valleys, a breed highly resistant to the harsh geoclimatic conditions we suffer. In the 1970s, several producers realized the need to protect this native breed. The mouton requires a long time to mature, about two years at this high altitude, and other more productive breeds were threatening its survival. To tackle this situation a group of about ten producers decided to protect the Barèges-Gavarnie mouton by exclusively raising this local breed.

The 1980s were tough years of communal struggle against the difficult commercial conditions imposed by the local market. To help minimize this, the first local slaughter houses and direct sales outlets were opened. The feeling of collaboration that developed between the producers has been supported since the year 2000 by the Slow Food Bigorre Convivium, which has helped with funding and proper marketing and communication. This has allowed us to move through a difficult period and to find external markets for our product, as well as strengthening awareness about the importance of protecting our region’s biodiversity. Thanks to the help of the Slow Food Foundation we can continue to raise our animals, respecting the seasonal rhythms and traditional high-mountain pasturing methods, using local resources and reaching national and international markets.”

**Marie-Lise Broueilh**

*Mouton Barèges-Gavarnie Presidium Coordinator*

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# Food Traditions

## Eat the World

*A globe-hopping Portuguese couple discovers local food traditions*

A Portuguese chef-writer couple and friends of Slow Food have embarked on a trip around the world to discover different cultures through the pleasures of the table, and share this experience with their home country. In their project *Eat the World*, Maria and Francisco Martins da Silva will travel through 23 countries in 365 days, living with families and learning recipes and techniques from local people - from housewives to renowned chefs. These encounters will be documented on their website, and published regularly in a national Portuguese newspaper and a food magazine. "Our aim is to let Portuguese society know what's happening in different countries in the world: what people eat, their traditions, where our food comes from, etc.," the couple wrote. "We believe that cooking is the extension of our cultural, historical and religious heritage...We want to unveil local gastronomy, discover the world through the kitchen and describe it on paper, revealing it to others."

Since departing from Portugal in February, the couple has visited Mozambique, Zanzibar, the UK, Turkey, Syria, Jordan, Lebanon, Israel and Dubai and will soon head through Asia and North and South America. Their story, photographs and video recipes can be followed on their website **Eat the World**.

<http://www.eatheworld.com/>

**For the full story on the Slow Food website:**

<http://www.slowfood.com/sloweb/eng/dettaglio.lasso?cod=C2744B8809fce2D57EYTU3C8BB14>

# Food for Thought

## Creative Gardeners

*Urban dwellers come up with creative ways to grow their own*

**UK** - A desire to save money, an increase in interest in where food comes from, and a growing mistrust in food companies is inspiring artists and city dwellers to look at alternative spaces and methods for urban gardening, proving that being short of garden space doesn't mean being deprived of home-grown produce. In England's higher density cities, many inner-city residents are starting kitchen gardens on terraces, balconies or rooftops, often sharing their experience through blogs. "You don't need an allotment or garden to grow your own food, [in the UK] we've got the equivalent of 344 football pitches' worth of growing space right on our windowsills," says Fiona Reynolds, from the National Trust, which launched a grow your own campaign earlier this year.

Meanwhile in **France**, a designer-landscaper team recently released a line of portable urban garden bags made from porous textiles. The idea was conceived by the company Bacsac as a solution to the constraints of traditional rooftop gardens, with bags that can be moved around easily and therefore provide endless possibilities of functional growing spaces in urban areas.

**For the full article on the Slow Food website:**

<http://www.slowfood.com/sloweb/eng/dettaglio.lasso?cod=C2744B8807c4225496XRK1E0ECA2>

### *Growing up*

**USA** - Slow Food's own San Francisco convivium has also joined the trend, helping to launch the city's first vertical school garden. The soil-less vertical garden at Sanchez Elementary School is mounted on a chain-link fence, taking up no playground space. Designed around a concept of sustainability, the garden uses aquaponic technology and is powered by renewable energy. The convivium is hoping that Sanchez will become a model and open the door for other urban schools to utilize unused vertical space as green learning environments, particularly on campuses where space is an issue.

**To read more on the Slow Food USA blog:**

[http://www.slowfoodusa.org/index.php/slow\\_food/blog\\_post/the\\_first\\_vertical\\_school\\_garden/](http://www.slowfoodusa.org/index.php/slow_food/blog_post/the_first_vertical_school_garden/)

## **Taste of Hunger**

### *Writer's famine diet brings awareness to world malnourishment*

In a demonstration to explore, examine, and bring attention to the topic of world hunger, writer Natasha Burge completed a seven-day World Hunger Exploration project this month in which she mimicked the diet of world's hungriest people. Over the week, Burge ate the staple foods of the regions hardest hit by food insecurity and adhered to the typical dietary habits of the 1.2 billion chronically undernourished men, women and children. She also dedicated herself to researching the causes and potential solutions to the devastating phenomenon of chronic hunger, focusing on a different topic for each day of her diet. In the week following the diet, Burge reflected on her journey. "As angry and heartbroken as this world hunger experience made me, it also gave me hope and joy, because there are thousands and thousands of people in the world who have devoted their life to fighting this tragedy... I truly believe that if every person on earth felt like this for just one week in their lives, chronic hunger would be completely eliminated... Once you experience this stomach clenching emptiness and leg shaking weakness, there really is no way you would willingly allow other human beings to suffer like this."

**To read the full article:**

<http://www.slowfood.com/sloweb/eng/dettaglio.lasso?cod=C2744B880c86e2F068pYU31DF75C>

## **In Print, On Screen**

## Pig Business

In an exposé on the real costs of cheap pork, the feature documentary *Pig Business* by filmmaker Tracy Worcester reveals the shocking methods used by factory farms to produce over a million tons of pig meat for the UK market each year. Animal suffering, threats to human health and the environment and undermining the livelihoods of small-scale pig farmers are some of the issues raised in the film, which was screened by Slow Food North Yorkshire this month. A free DVD is available for anyone arranging a screening.

**To read the full article on the Slow Food website**

<http://www.slowfood.com/sloweb/eng/dettaglio.lasso?cod=BA2C504F0c80a2C37Bosj236CB4E>

**Visit the Pig Business website for more information on the film, campaign, to watch the entire film online or organize a screening: [www.pigbusiness.co.uk](http://www.pigbusiness.co.uk)**

## Sweet Honey, Bitter Lemons: Travels in Sicily on a Vespa

More recently known for his frank disapproval of the Italian government's support for McDonald's McItaly burger, in *Sweet Honey, Bitter Lemons*, journalist and Italophile Matthew Fort recounts his travels around Sicily on a Vespa through the food he encounters. Exploring the Mediterranean's biggest island, he stops to investigate and enjoy local food wherever he can: antipasti in rundown villages, lemon gelato on a spectacular coast or fishing for anchovies beneath a star-scattered sky. Drawn to the intensity of life in Sicily, and its dramatic landscape and traditions, Fort discovers how the island's vibrant food culture is intertwined with its often turbulent past.

**Sweet Honey, Bitter Lemons: Travels in Sicily on a Vespa**, 2008, Ebury Press

<http://www.eburypublishing.co.uk/viewbook.asp?isbn=0091910811&searchtxt=sweet%20honey&searchopt=>

## No Impact Man

The book tells of the adventures of a man with wife, daughter and dog, living in the heart of Manhattan, who tries to save the world by radically changing his way of life. Readers can take away practical suggestions for reducing their own personal impact on the environment. The part dedicated to food is particularly illuminating: Eating sustainably increases the pleasure of food.

**No Impact Man: The Adventures of a Guilty Liberal Who Attempts to Save the Planet, and the Discoveries He Makes About Himself and Our Way of Life in the Process**, 2009, Farrar, Straus and Giroux.

<http://www.colinbeavan.com/books.php>

## **CALENDAR**

### **Terra Madre Argentina**

Buenos Aires, Argentina  
July 8-11, 2010

### **Terra Madre Balkans**

Sofia, Bulgaria  
July 8-10, 2010

### **Janecka Vecer**

Mavrovo National Park, Macedonia  
July 26 - 27 2010

### **Salone del Gusto**

Turin, Italy  
October 21 -25, 2010

### **Terra Madre**

Turin, Italy  
October 21 -24, 2010

### **Terra Madre Day**

International  
December 10, 2010

<http://www.slowfood.com/terramadreday/>